

# TAILWIND

TRAVIS AFB, CALIF.

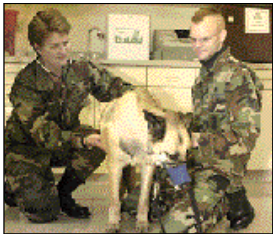
FRIDAY, FEBRUARY 1, 2002

VOLUME 27, NUMBER 4



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Several AFSCs have  
been released from  
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Military working dog  
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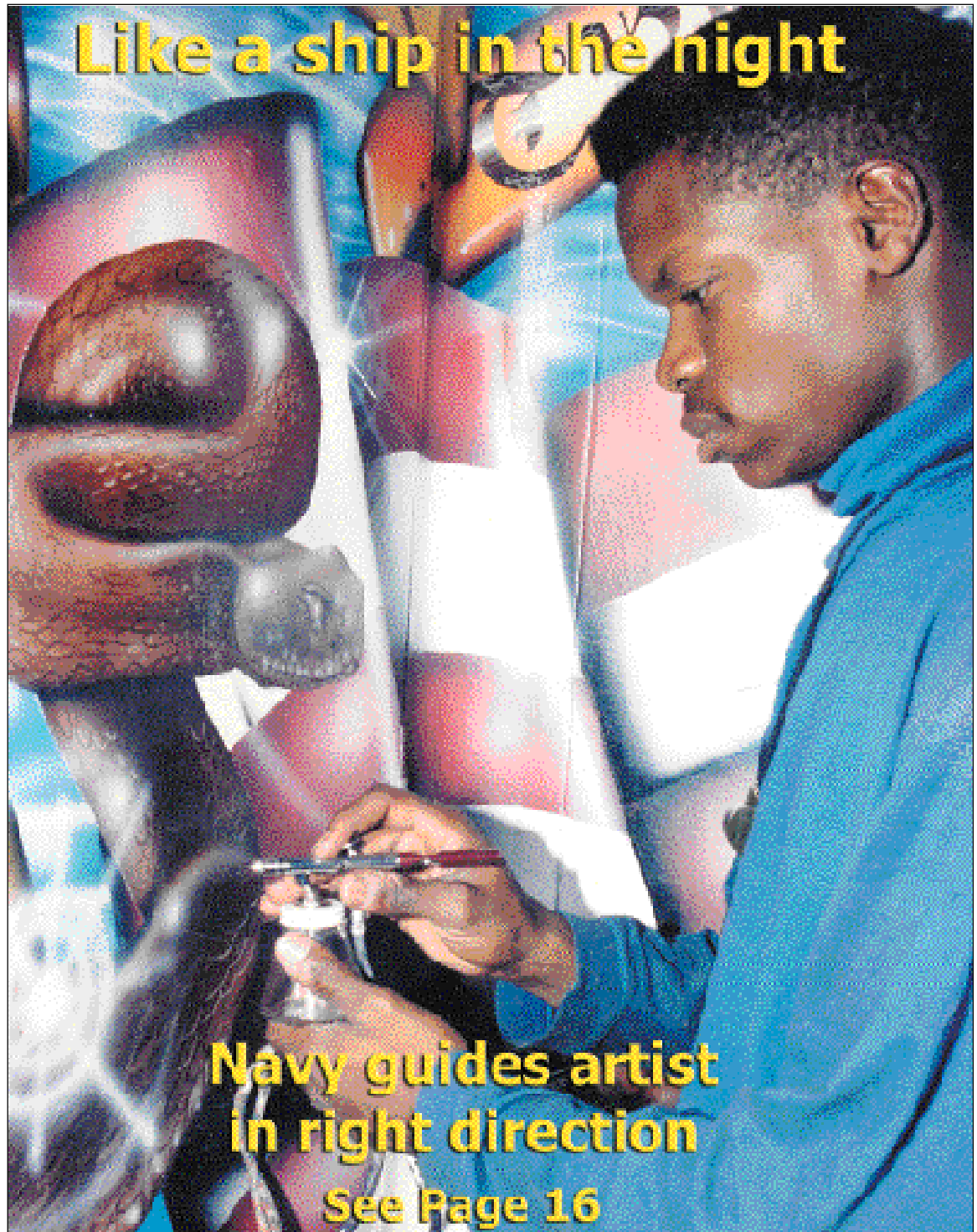


**SHINING STAR**  
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**Like a ship in the night**

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in right direction**

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# Words from the top...

## Planning for the future of Travis continues to be a top priority

By Col. Dave Lefforge  
60th AMW Commander

While the nation's ongoing war against terrorism has absorbed most of our attention over the past several months, the business of planning for the future of Travis Air Force Base, its mission and its people continues. This week, I'd like to briefly highlight progress we've been making on two fronts: things that may be transparent to your day-to-day work, but are still important to our understanding of who we are and where we're headed in the near future.

First, unless you happen to work in the vicinity of Civil Engineer Readiness, Bldg. 927, you're probably not aware that 34 members of Travis' Initial Response Team were there for four days this week to conduct a table top exercise in preparation for our 120-day rotation as the Air Force's Lead Mobility Wing, which starts April 1.

While the IRT concept has been with us for the past three years, it is maturing to the point where it will be a central mission for the airmen from the 60th Air Mobility Wing and 615th Air Mobility Operations Group who make up the team.

As many of you have seen in recent years, missions like humanitarian relief and noncombatant evacuations are becoming more common, and sometimes walk hand-in-hand with combat operations, as they did with airdrops of food over Afghanistan. These missions rely almost entirely on the capabilities provided by America's air mobility forces, so it makes sense that we need the capability to rapidly deploy a team of mobility experts to stand up these operations when we are called to do so.

Most of the relief locations are in very underdeveloped parts of the world. We have several specialized teams in the AMOG's Tanker Airlift Control Elements who time and again have proven their unique ability to turn desolate strips of concrete into fully functioning aerial ports that

can handle a busy humanitarian aircraft flow.

Starting in April, the TALCE capability at Travis and our LMW partners at McGuire will be paired with the IRT. This command-and-control element, made up of representatives of more than 20 Air Force specialties, will provide the expertise needed to get into forward airfields and then bring in the forces needed to "grow" the field into a larger operation. They can also provide essential mission support capabilities — like contracting, legal review, host nation or media relations — that would otherwise distract the TALCE or other deployed forces from their central mission.

While the IRT is a new mission for Travis, it is one that is important to the future of worldwide air mobility operations and one we must employ on a moment's notice. My thanks to Col. (select) Rick Martin, Lt. Col. Joe Ramirez and the more than 30 members of the IRT for their dedicated work this week to "walk through" the process and challenges of deploying the team. My thanks as well to Lt. Col. David Van Buskirk, Cheryl Brown and the IRT evaluators who set up the exercise and evaluated the team's performance. We'll have another chance to practice what we learned when we take the IRT to the 900 ramp for a field exercise later this month.

I would also like to thank Lt. Col. Jeffery Leknes, Maj. Michael Novotny, Capt. Chris Stratford, CMSgt. John Buchanan and our world-class wing Protocol staff for hosting this week's visit by representatives of Madison Government Affairs, Inc. This group works in partnership with our local communities to keep them informed of emerging issues that impact Travis' mission or the funding that allows us to accomplish our mission.

On this front, the resource challenges every day are one of my highest priorities. If no other example of one of those challenges comes to mind, your car probably gets a good shaking traveling up and down



Lefforge

our roads...a result of our limited funding available for road maintenance. All told, we need more than \$380 million dollars in infrastructure funding today to bring many of our most critical infrastructure needs up to speed. At current funding levels, it will take us about 40 years to replace or fix all our current infrastructure...and that's assuming nothing breaks or falls apart in the meantime. That's probably not a good assumption.

Because I know this impacts you, because this situation has serious potential to severely degrade our mission capability in the coming years, I've made my theme for the next two years "Infrastructure for Readiness." My intent is to do what we can internally and externally — from the essential groundwork laid by the 60th Civil Engineer Squadron through the decision loop that gets them the resources they need to get a larger share of limited infrastructure dollars.

While few of us may see the fruits of this effort during our tenure at Travis, this is something we have to do to improve our work environments and the quality of life of the people who will step into our shoes. It's very important that we do all we can to preserve and enhance the infrastructure supporting what each of you work every day to build: a team that is second to none in delivering what America needs wherever and whenever it's needed.

Thursday, we kicked off "Year of the Warrior Spirit." The temperature was a bit chilly, but the spirit was red hot...and I, for one, look forward to this theme year as one in which we celebrate the warrior spirit in every one of us: men and women in uniform, civilians and our families. We're all warriors, and there's an incredible amount of spirit in each one of us. Tonight, we'll recognize many of our warriors during the Annual Awards Banquet, and I'll provide you some observations from this grand event next week. Until then, Warriors, your magnificence is what keeps America #1.

## Tailwind

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60th Air Mobility Wing

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60th Air Mobility Wing commander

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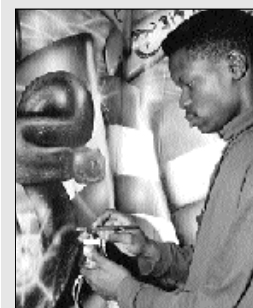
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Courtesy photo

On the cover: Navy Petty Officer 2nd Class William Tanner, a law enforcement officer with Detachment VQ3 here, paints a mural on the USS Independence. For more on his story, turn to Page 16.

# ACTION LINE

TRAVIS AIR FORCE BASE — 424-3333

If you have exhausted your chain of command, and have an issue that needs to be brought to the attention of wing leadership, the Comman-

der's Action Line is available for your use. You can access the the system by dialing 424-3333 or through the Travis Intranet.

# Air Force eases Stop-Loss restrictions

By **MSgt. Rick Burnham**  
Air Force Print News

WASHINGTON — Air Force personnel officials have developed a plan that will mean the end of Stop-Loss restrictions on a number of career fields as early as March. The Stop-Loss "exit plan" includes 24 officer and 40 enlisted career fields, and is based on the strategies of operations Enduring Freedom and Noble Eagle, personnel officials said.

It is the result of a planned "90-day review," officials at the Pentagon said. An initial 30-day review, conducted in early November, resulted in the continuation of Stop-Loss restrictions on all Air Force specialties. Stop-Loss measures were instituted by the Air Force on Oct. 2 to ensure personnel levels were adequate to prosecute the war. Subsequent reviews will take place at 60-day intervals.

The officer career fields released from Stop-Loss restrictions include: 13S, 21A, 21M, 21S, 35B, 36P, 38M, 42B, 42E, 43A, 43D, 43M, 44D, 44H, 44J, 44Z, 46G, 47B, 47D, 48E, 65A, 65F, 65W and 84H.

Enlisted career fields released from Stop-Loss restrictions include: 1C6XX, 1S0XX, 1T0X1, 2A000, 2A0X1, 2A1X1, 2A1X2, 2A1X3, 2A300, 2A3X1, 2A3X2,

2A3X3, 2A4X1, 2A4X2, 2A5X3, 2A6X3, 2A7X4, 2M0XX, 2P0XX, 2R0XX, 2R1XX, 2T3X5, 2T3X7, 2W0XX, 2W1XX, 2W2XX, 3A0XX, 3C0X2, 3C3X1, 3H0XX, 3N0XX, 3N1XX, 3N2XX, 3U0XX, 4J0XX, 6FXXX, 8FXXX, 8MXXX, 9DXXX and 9E000.

A number of different factors went into the process of deciding which career fields could be released, officials said.

"We had to consider the balance between the active duty and the air reserve component, as well as the need to remain flexible to changing events worldwide," said Lt. Col. Jan Middleton, chief of promotion, evaluation and separation policy at the Pentagon. "In addition, homeland defense is still being shaped and defined. So, there were a lot of factors to consider in the decision-making process."

The plan will give the Air Force an effective and reasonable approach to easing Stop-Loss restrictions, Middleton said.

"We feel this plan gives the Air Force an easily executable strategy," she said. "The actual 'termination' of Stop-Loss is still to be determined — we still need to retain those personnel directly needed to support the war. But this will begin the glide slope toward that end."

More career fields will likely be released in the future based on input from different levels around the Air Force, she said.

Those people with retirement or separation dates already established in the personnel system will be allowed to retire or separate beginning in March, following an established "admin period" during February. People who are deployed in support of operations Noble Eagle or Enduring Freedom or related operations, and Reserve and Guard component people who are involuntarily on active duty (partial mobilization) or voluntarily on active duty in support of operations Noble Eagle or Enduring Freedom or related operations, will not be released until they return from deployment or are demobilized.

Officials at the Air Force Personnel Center at Randolph Air Force Base, Texas, will provide each active-duty military personnel flight with a list of those people to get the actions started. Air National Guard and Reserve people should contact their respective military personnel flights to begin release procedures. Each squadron commander will be responsible for approving the actual release date.

More information regarding Stop-Loss is available at the Military Personnel Flight at 424-2267.

## Officials urge reservists to track points

By **Lt. Col. Tom Deal**  
Air Reserve Personnel Center Public Affairs

DENVER (AFPN) — It is important for all reservists to understand the full value of points in their careers, particularly for retirement, said Carole Packham, chief of the retirements eligibility division at the Air Reserve Personnel Center here.

To retire, a reservist must have 20 satisfactory years with the last eight years of qualifying service in the Air Force Reserve Command's Unit Program, the Selected Reserve's Individual Mobilization Augmentee Program or the Individual Ready Reserve.

"Satisfactory service is defined as 50 points per year to include 15 membership points," Packham said. "These points are centered around a person's (retention/retirement) year, which begins on one day of one year and ends on the preceding day of the next year. If your (retention/retirement) year starts July 1, 2002, it ends June 30, 2003."

The 15 membership points are earned for membership in the Air Force Reserve, whether active or not; however, they only count toward a satisfactory year when they are included with the 35 participation points. These participation points can be earned through inactive duty for training, active duty for training, Extension Course Institute courses and all periods of active-duty service.

During their last eight years in the Reserve, officers or enlisted people in the regular Air Force must, by law, convert their commissions or enlistments to the Reserve in order to earn a Reserve retirement.

For example, if people serve on active duty with a regular enlistment or commission for 16 years, that time counts toward a retirement. But if they convert to the Air Force Reserve at that point in their career, they will have to serve an additional eight years to satisfy the requirement for a Reserve retirement.

Reservists earn one point per day for active duty for training and active-duty periods. They also earn two points per inactive duty for training days, better known as a drill days, which are broken down into two four-hour periods. People can also earn varying numbers of points for ECI courses depending on the length of the

course.

Reservists should keep records of the points they earn to avoid any surprises when they reach the 20-year point, Packham said.

"Once a person reaches the 20-year point and qualifies for retirement at age 60, a letter is generated by the ARPC retirement division," she said. "Though, by law, technicians have up to one year to produce and mail the letter, the ARPC standard is less than four months."

It is this letter that confirms satisfactory completion of a 20-year career and, more importantly, the person's eligibility to retire, Packham said.

Once retired, people are considered "gray-area" reservists. They remain in this status until age 60 when they begin receiving retired pay.

By law, reservists must apply to transfer to the Retired Reserve by filing an Air Force Form 131. As directed on the form, they must also submit a Defense Department Form 2656 to start their retired pay.

Reservists misunderstanding the points-accumulation process is the biggest problem she has encountered throughout her career, Packham said.

"It's never easy to tell someone that they do not have enough satisfactory service to retire and that they must perform additional service," she said. "To avoid this, we strongly recommend that reservists verify their eligibility by calling ARPC if they plan to retire but have yet to receive their 20-year letter."

Another area of concern involves the retention/retirement date. It is critical that reservists satisfy their points requirements based on their retention/retirement date since all reservists have different dates, Packham said.

Reservists can use the IMA participation calculator and scheduler to plan participation, print out schedules, and share plans with their supervisor to ensure they have a good year. This tool is available on the ARPC Web site.

Reservists who have questions or concerns can reach their representative at ARPC by calling (800) 525-0102, ext. 71270 or 71272; or speaking directly with Packham at (800) 525-0102, ext. 71270. (Courtesy of AFRC News Service)

## Officials increase clothing allowance

By **Staff Sgt. Amy Parr**  
Air Force Print News

WASHINGTON — Military people should see an increase in the amount of money they receive for their military clothing allowances. New rates, set by Defense Logistics Agency officials, are now in effect.

DLA officials review uniform costs annually to determine whether an increase, decrease or no change is made to clothing allowances, said Master Sgt. Ruth Nischwitz, Air Force uniform section chief at the Pentagon.

Changes are based on costs DLA incurs obtaining clothing items, and increases or decreases in the wear-of-life probability of each uniform item. Because allowances are for uniform replacements only, costs for uniform repair, dry cleaning and laundering are not a consideration.

The allowance is not intended to replace every item each year, Nischwitz said.

Uniform allowances for fiscal 2002 are:

- » Enlisted male, basic \$205.20 and standard \$291.60;
- » Enlisted female, basic \$230.40 and standard \$331.20;
- » Permanent-duty civilian clothing allowance \$811.46;
- » Permanent-duty civilian clothing annual replacement allowance \$270.48;
- » Temporary-duty civilian clothing allowance (15/30 rule) \$270.48; and
- » TDY civilian clothing allowance (30/36 rule) \$540.97

Nischwitz said civilian clothing allowances for people on TDY are based on the number of days they are required to wear civilian clothing while TDY.

"If an individual is TDY to a (civilian clothing allowance) location 15 days out of 30, either consecutively or cumulatively, the maximum amount payable is one-third of the permanent-duty (civilian clothing allowance)," she said. "If they are TDY 30 days out of 36 months, consecutively or cumulatively, the maximum amount payable is two-thirds of the permanent-duty (civilian clothing allowance)."

## NEWS NOTES

### FTAC job opportunity

The 60th Mission Support Squadron is looking for a motivated master sergeant or master sergeant select for a one-year assignment to fill the First Term Airman's Center flight chief position. The application package must contain a letter of recommendation signed by the squadron or group commander, the last five Enlisted Performance Reports and a records review listing. Applicants should submit packages to the 60th Air Mobility Wing's command chief in Bldg. 51 by Feb. 8. Interviews are scheduled between Feb. 19 and 20. Position start date is March 4. For more information, contact CMSgt. Dan Johnson at 424-5005 or MSgt. Jose Fuentes at 424-4801.

### Retiree tax assistance

Retirees requiring help with tax preparation can make appointments beginning today by calling the Retiree Activity Office at 424-3904. Appointment hours are 9:30 a.m., 11 a.m. and 1 p.m. Monday through Friday. Officials ask that persons interested in this service bring all applicable paperwork required, plus last year's tax return. For more information, call the RAO at 424-3904.

### Housing waste

New garbage, recycling and green waste containers have been delivered, and housing residents should start using them immediately.

Old refuse containers received normal refuse pick-up this week and now need to remain empty for removal by the contractor and Civil Engineer Squadron Monday, when they should be placed out in front of the residence for removal. Televisions, computer monitors or any hazardous materials are not accepted for pick-up at the residence and need to be taken directly to a landfill disposal site off base.

Large items, such as appliances, furniture and household items should be scheduled for pick-up by contacting the Civil Engineer Squadron at 424-1388.

### Prayer breakfast

Travis will hold its annual National Prayer Breakfast Feb. 19 at 7 a.m. at the Delta Breeze Club.

Clebe McClary, a Vietnam Veteran and a world renowned speaker, will present a message entitled, "Giving What It Takes." Breakfast arrangements can be made through first sergeants or by calling the Chapel.

For further information or to reserve your seat, call the Chapel Center at 424-3217.

### Immunization info

If you haven't gotten the influenza vaccination yet, or you need any other vaccinations, come to the Health and Wellness Center Thursday.

The Immunizations clinic will be offering vaccinations to all active duty, reserve, IMA and DoD civilians. There is no appointment needed.

Bring your shot records to the HAWC's lobby from 8 a.m. to 4 p.m.

For more information, call 423-5080.

# Bush: United effort needed to fight terrorism war on two fronts

By Linda Kozaryn  
American Forces Press Service

WASHINGTON — They're evil, they're out there, and America is their target. Global terrorists are relentless in their desire to attack the world's bastion of freedom, according to President Bush.

The war against terrorism is a two-front war, the president said here this week. While the American military is on frontlines overseas, he wants to ensure America's homeland is prepared to respond to an attack.

Immediately after the Sept. 11 terrorist attacks, Bush said, federal officials acted quickly to increase the number of sky marshals, deploy hundreds of Coast Guardsmen to patrol ports, and station 8,000 National Guardsmen in the nation's airports. They worked to acquire antibiotics for large-scale treatment of anthrax and to support the largest criminal investigation in U.S. history.

"All this came in response to a sudden emergency," he said. "Now we must undertake a sustained strategy for homeland defense."

The president said he would present his fiscal 2003 budget request to Congress next week. That request, he said, will include \$48 billion in new defense spending and an increase of nearly \$38 billion for homeland security.

If approved, the funding for homeland security would double the 2002 appropriation, the president noted. His budget request asks for money to complete the hiring of 30,000 new federal airport security workers and another 300 FBI agents, he said.

"It is the beginning of a homeland defense initiative which is going to last throughout my administration," Bush said. "It's the beginning of a cooperative effort."

There's much to do at home, he stressed. Federal, state, and local law enforcement agencies need to share information. They need to do a better job of alerting people that something might be going on in the neighborhood and ask for their help.

"We'll purchase new equipment to improve the safety of the mail, and protect the men and women who deliver our mail," he noted. "We'll begin a major program of research to combat the threat of bioterrorism."

"We'll modernize health labs throughout the country, improving their capacity to detect and treat outbreaks of disease. We will ensure that state and local firemen and police and rescue workers are prepared for terrorism. And we will do more to secure our borders."

The Sept. 11 attacks on the World Trade Center and the Pentagon showed the nation how important police, firefighters and emergency medical teams are in times of crisis. In the event of a terrorist attack, these are the first to

respond.

White House officials report the United States has more than 1 million firefighters, of which about 750,000 are volunteers. Local police departments have about 556,000 full-time employees, including about 436,000 sworn law enforcement personnel.

Sheriffs' offices report about 291,000 full-time employees, including about 186,000 sworn officers. More than 155,000 nationally registered emergency medical technicians are on duty.

Bush proposes spending \$3.5 billion in fiscal 2003 to give these first responders money to buy equipment, train personnel and plan for contingencies.

o About \$2 billion would go to first responders for personal protective gear, chemical and biological detection systems, interoperable communications gear and other equipment.

o About \$1.1 billion would be used to train police, firefighters and emergency medical technicians to respond and operate in chemical and biological environments.

o About \$105 million would be used to support state and local governments in developing plans to prepare for and respond to a terrorist attack. Another \$245 million would support an exercise program to improve response capabilities, practice mutual aid, and assess operations.

Federal funds would also be used to set up a "simple and quick" method for disbursing federal assistance to states and localities, and to foster mutual aid across the nation so that federal, state, local and volunteer networks can work together seamlessly. Another objective is to involve all Americans in programs to make their homes, communities, states and the nation safer and stronger.

Bush tasked the Federal Emergency Management Agency to be the lead agency in coordinating federal efforts with local governments. "It is the right agency to choose," he said. "They understand local disaster and the local emergency."

The homeland security "challenge," Bush said, involves ensuring coordinating homeland defense efforts among the 36,000 local jurisdictions around the country. "How do we make sure that the communications equipment and the rescue equipment (are) compatible not only within a state but nationwide?" he asked as an example.

The \$3.5 billion for first responders represents a "thousand percent increase over what our government has spent," Bush said. "It's absolutely necessary that we spend the money and that we spend it correctly."

Terrorists "still want to come after us," the president said. "We're their target. And we're going to respond and we're going to do deal with it by working together."

# CAP to patrol Olympic skies

Air Force Print News

MAXWELL AIR FORCE BASE, Ala. — When the Winter Olympics begin Feb. 8, people from the Civil Air Patrol will be in the sky and on the ground to provide security support.

More than 150 members of the Air Force auxiliary will join federal, state and local authorities in ensuring the safety of athletes, fans and facilities at the 2002 Winter Games in Salt Lake City that run through Feb. 24.

CAP volunteers will provide similar support for the Paralympics, also in Salt Lake City in March.

From the air, CAP will provide air reconnaissance and aerial video support. The volunteers will also perform observation flights over critical facili-

ties as designated by security officials.

On the ground, CAP members will help staff the emergency operations center in Salt Lake City. Other crews from the CAP Rocky Mountain Region will be on standby to augment the Utah crews if needed.

"We are proud to be a part of the many organizations that will be providing homeland defense and security for the Olympics Games," said CAP Col. Jack Butterfield, Utah Wing commander. "Our wing has a proud history of supporting our Utah communities. We stand ready to serve our nation."

CAP is a nonprofit organization



F-16s continue to provide cover in the skies above the United States.

that performs more than 85 percent of inland search and rescue missions in the continental United States as tasked by the Air Force Rescue Coordination Center.

For more information about CAP programs, call (800) 359-2338.

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## Drinking &

The end results can kill

**driving**  
innocent people and  
a military career!  
**don't mix**

## Travis announces quarterly award winners

*Five members from Team Travis show what it takes to be the best*

### Airman of the Quarter



A1C Robert Page, 60th Component Repair Squadron, volunteered to perform a short notice defensive systems check-out on mission aircraft. Page has voluntarily attended the Airman Professional Growth and

Development Seminar and earned a 94 percent on his Career Development Course six months ahead of schedule. He volunteered to deliver more than 200 sandwiches to homeless shelters and acts regularly as a designated driver for his squadron.

### NCO of the Quarter



SSgt. Daniel McCain, 60th Medical Diagnostics and Therapeutic squadron, reviewed more than 120 medication recalls and retrieved several affected stock items to ensure patient safety. McCain has organized

and presented in service on the special order medication process and trained over 30 personnel. He has successfully completed all requirements for a Community College of the Air Force degree in Pharmacy Technology. He is also enrolled in California State University and has maintained a 3.7 grade point average. McCain has devoted over 24 hours at Travis' United Services Organization.

### Senior NCO of the Quarter



SMSgt. Janice Crowley, 60th Medical Diagnostics and Therapeutic Squadron, was recognized for her initiative to fill in for the squadron superintendent during the absence and provided support to the command

and 250 troops. She has been awarded her Associates of Applied Science degree, Bachelor of Science degree and a Master of Arts degree. She has attended substance abuse key personnel briefings and honed leadership skills in the substance abuse area. Crowley is the Top three organization president and has mentored at a middle school to help prepare girls as future leaders.



### Junior CGO of the Quarter

First Lt. Emily Smith, 60th Aircraft Generation Squadron, is recognized to be the first to go in support of Operation Enduring Freedom.

She was also known for her efforts in leading 120 plus logisticians from three separate bases during the operation. She has completed her certifications in less than one month and has worked toward rescue diver qualification. Smith has volunteered off duty time to Habitat for Humanity International and coordinated with local vendors to provide a Thanksgiving dinner for over 250 deployed troops.

### CGO of the Quarter

Capt. Jeffrey Ditlevson, 60th Security Forces Squadron, is recognized for his efforts in the first-ever Western Air Defense security exercise, a joint research project conducted with the organizations such as the Federal Bureau of Investigations and several base units. During the joint effort, he tested procedures and vulnerabilities. Ditlevson has also been recognized for his dedication to achieve a Masters of Business Administration with a 3.9 grade point average despite current situations. He has also been praised for his efforts garnering support for the Fisher House to provide 50 holiday gift packages for those in need. He also has sponsored juvenile educational seminars.

## We need to prove ourselves

### ViewPoint

Maj. Mark Whinnery  
43rd Mission Support Squadron

POPE AIR FORCE BASE, N.C. (AMCNS) — It was a typical day at Scott AFB, Ill., I was rushing from one meeting to the next when someone made me pause and reflect on what we do for America.

It was a few weeks after Sept. 11, and I was crossing a busy street on my way to the Air Mobility Command headquarters building.

As I entered the crosswalk, I noticed an older gentleman coming toward me. He was wearing civilian clothes and a black baseball cap with the words, "World War II Veteran" embroidered

across the front in gold letters. He was using a cane to slowly cross the street.

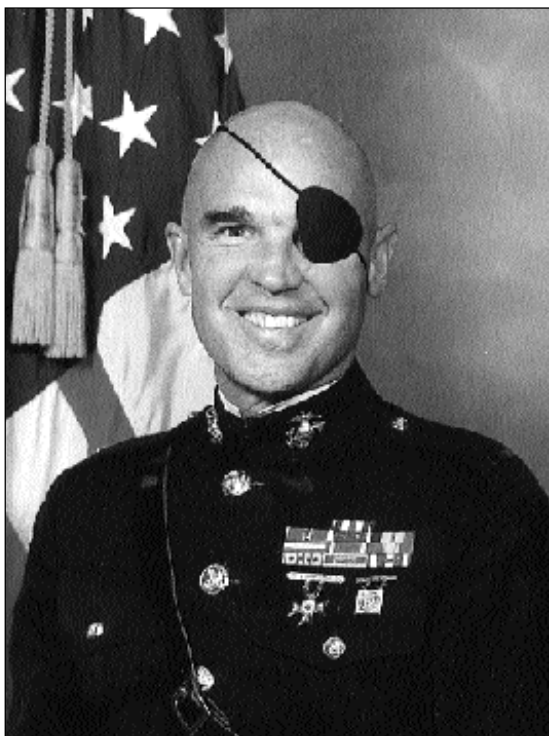
As we passed each other, he stopped, moved the cane from his right hand to his left, and saluted me as he wished me a good morning.

I returned his salute, wished him a good morning, and went to my meeting in a little less of a hurry. When I returned to my office, I thought about the gentleman in civilian clothes who had saluted me that morning.

I tried to imagine the sacrifices that his generation had made during the second world war. The deaths and wounds they endured and the separations that measured in years rather than months were almost too hard to imagine.

Then I realized that every generation of Americans has had to struggle. During the Rev-

■ SEE SACRIFICES ON PAGE 14



Courtesy photo

**Guest speaker:** *Clebe McClary has inspired and changed the course of the lives of people from all 50 states and over 30 foreign countries. He is the subject of a full-length documentary, "Portrait of An American Hero," and the author of the book Living Proof and coauthor of the book "Commitment to Love." McClary will be speaking at the Travis National Prayer Breakfast, Feb. 19 at 7 a.m. at the Delta Breeze Club. Tickets are \$7 and can be obtained from unit first sergeants or from Chapel Center. Reservations need to be made by Feb. 14. For more information, call the Chapel Center at 424-3217 or Chaplain (Capt.) Kleet Barclay at 424-1211.*

Promotions

Retirements

Awards

Medals

## HOMETOWN NEWS RELEASES

When something big happens in your military career, it's worth telling the folks back home. To learn how, call 424-2011.

PCSing

Training

Reenlistments

Education



*SrA Patty Koch, a civil engineer readiness specialist with the 60th Air Mobility Wing, helps to erect one of the many tents to be used during the Phoenix Readiness exercise.*

## Travis Civil Engineer specialist hones skills at Phoenix Readiness

By 1st Lt. Kim Garbett  
60th Air Mobility Wing Public Affairs

Camouflage, cover and concealment, defensive fighting positions, convoys and field craft aren't something most Travis people do during a regular duty day. But for 24-year-old SrA Patty Koch, a civil engineer readiness specialist with the 60th Air Mobility Wing.

The Country Club Hills, Ill., native attended Phoenix Readiness recently, a two-week course designed to teach people from more than 20 Air Force specialties about surviving in a bare-base environment, as well as ground combat skills.

Once these skills are introduced, students are "deployed" to Ozlahnd, a fictional country devastated by Hurricane Melissa to provide humanitarian relief. Dubbed Operation Gorgone, the people attached to the 421st Air Expeditionary Group work with relief organizations to bring in food, purified water, blankets, medicine and shelter to the disaster zone.

Koch is a specialist in nuclear, biological and chemical threats and in this training scenario quickly became a valuable asset in the survival recovery operations and command and control, according to Maj. Kathleen Cook, director of staff for the exercise.

Koch said the best part of being at Phoenix Readiness is having the opportunity to get to know and bond with the people she'll most likely deploy with as part of Travis' Initial Response Team.

A large part of the training Koch received provided her team with the skills necessary to adapt and survive in nuclear, biological and chemical environments.

"As a readiness representative, my job is to keep our team ready for any threat and any potential deployment," Koch said.

During her four and a half years of military service Koch has been involved in several readiness exercises, including Silver Flag, which help keep her training current and her knowledge of global threats up to date. According to her supervisor's, Koch's leadership, professional knowledge and quick counsel to her superiors was commended time and again during her training. During the fog of war, Koch seems to

have a talent for "clearing the smoke."

"When we went into MOPP 4 (Mission-Oriented Protective Posture 4) — the highest NBC threat condition posture — she was the last person in full gear, ensuring everyone else was good to go," said Cook.

"Admittedly, I don't have much MOPP experience. When we put on the masks and mine began to fog up, almost out of nowhere, Koch was in my face saying 'Your mask is fogging; it means you have a leak ... we need to tighten the straps,'" Cook said. "In two seconds, I received training that could possibly one day save my life."

For Koch, the training has been extremely useful. "Working with the command staff and dealing with situations at the highest levels has prepared me for what I can come to expect in real-world operations," she said.

The Travis IRT that Koch is assigned to will be "on the bubble" in April and can expect the unexpected, from humanitarian disaster relief to combat operations. This team can expect to be called upon to respond to any situation anywhere in the world.

"Phoenix Readiness has better prepared me for what to expect and how to handle the situation, should it arise. It has given me a greater confidence in my readiness training and skills so that I know I can help to keep our team ready as well," Koch said.

"She displays a professional knowledge well beyond her years — she's a firecracker," said MSgt. Mike Jones, first sergeant for Travis' IRT.

Cook agreed. "Senior Airman Koch came to Phoenix Readiness completely prepared and ready to share her expertise, and she did just that. I respect her for her work here and am confident she'll move fast in her career. She's exactly the kind of leader we need in our Air Force."

The Phoenix Readiness course is run by a wide-ranging group of instructors assigned to the 421st Ground Combat Readiness Squadron. The unit provides training to enhance people's readiness, force protection and ability to survive and operate for contingency support. The unit falls under the Air Mobility Warfare Center located at Fort Dix, N.J.

# African American legacy

## Contributions, service in defense of country

*Editor's note: In celebration of African American History Month, the Tailwind will be running a series of articles submitted by the Travis African American History Committee. Look to the Tailwind for upcoming events and articles relating to the rich heritage of African Americans.*

By the African American History Committee

African American History Month is observed and celebrated each February to affirm, recognize and appreciate the rich heritage, struggles, achievements, progress and diversity of African American peoples. An African American scholar, Carter G. Woodson, created and promoted Negro History Week in February

1926. He chose the week in February to correspond to the respective birthdays of Frederick Douglass, an ex-slave and slavery abolitionist, and Abraham Lincoln, the signer of the document granting slaves in the United States freedom, the Emancipation Proclamation. In 1976, the year of our nation's bi-centennial, the weeklong celebration expanded to one month.

Observances are held annually in support of Joint Congressional Resolution, Presidential Proclamation and achievements of all groups that comprise the society of the United States. Since 1968, the Department of Defense has proudly supported observances through the development of local programs of recognition and many diverse

activities. This year's DoD's theme is, "The African American Legacy: Contributions and Service in America's Defense." The military heritage of black Americans is as long as the history of a black presence in North America. From the first recorded visit of a black person to what is now the United States in 1528, blacks, slave and non-slave, have participated in military or quasi-military actions.

In support of this year's African American history month, we will feature profiles of some well-known and some not so well known black military units. In addition, below are some of the other upcoming activities you may look forward to during the month of February.

### Scheduled events—

Kick off ceremony, Monday at 10 a.m. at Chapel 1, Toddler book reading events at the Base Library every Tuesday from 9 to 10 a.m., Healthy Heart Fair, Feb. 14 at the Health and Wellness Center from 11 a.m. to 1:30 p.m., Soul Food Luncheon Feb. 20 from 11 a.m. to 1 p.m. and at the Delta Breeze Club Feb. 19-22 from 11 a.m. to 1 p.m., Black History Banquet, Feb. 22 at 6 p.m. at the Delta Breeze Club, Gospel Music Workshop, Feb. 27-March 2 from 6:30 to 9:30 p.m. nightly and the Tuskegee Airman Luncheon, Feb. 28 from 11 a.m. to 1 p.m. at the Delta Breeze Club.

## Win prizes with African American Heritage Committee's electronic Jeopardy game

Get ready to play electronic Jeopardy, a fast paced game of answers and questions, sponsored by the Director of Staff and the Travis Black Heritage Committee. The contest runs from today to Feb. 28 in celebration of African American Heritage.

### How to play

Log on to: [www.shsu.edu/~his\\_ncp/AfrAmer.html](http://www.shsu.edu/~his_ncp/AfrAmer.html). This Web address is case sensitive, so type it in exactly as it is listed. The (-) symbol is to the left of your number 1 on the keyboard and the ( ) is an underscore. E-mail your responses, (in the form of a question) to [bhc.jeopardy@travis.af.mil](mailto:bhc.jeopardy@travis.af.mil). You can also access the study website and the e-mail box from the Travis Intranet home page. Just click on the Black Heritage Committee logo and follow the links.

» Use this website to brush up on your history. The first set of ten challenging questions will be published in the next edition the Tailwind.

» Read the ten questions and e-mail the answers to the address listed. In the e-mail subject line: type E-Jeopardy and your group (i.e.

OG, LG, Det 4, etc). Everyone can play. Anyone can win.

» Each person that submits a complete set of 10 correct answers is entered in to the weekly drawing for great prizes. Please, only one entry per person. There will be at least one winner each week.

» The first 10 entries received from each group will be scored for points in the group competition. Each group can receive up to 1000 points each week. The group that has the highest number of points at the end of the competition will receive the coveted Jeopardy trophy.

» In the event of a tie, the winner will be determined by the group that sent in their entries in the least amount of time. So time does matter.

To make the game a little more interesting, entries will only be accepted between the hours of 9 to 10 a.m. every Friday. Any e-mails received before or after that time will not count toward prizes or group points.

You have to be fast and accurate to receive max points. Don't miss out on a great time. Log on to the Web site, study and get ready to play.

## Look to the Tailwind—

The Tailwind will be publishing a series of articles relating to African American Heritage. If you would like to have an article considered for submission, contact SSgt. Ricky Griswold at 424-4788.

# Pacemaker gives working dog a new 'Leash' on life

*SSgt. Robert Van Hulle, military working dog handler with the 60th Security Forces Squadron, and Maj. Abbie Whitehead, chief of Travis Branch Veterinary Services, examine Lord to see how he's doing following his surgery. Lord is the first dog in Department of Defense history to receive a pacemaker for his heart.*



A1C Alice Moore / 60th AMW Public Affairs

By 1st Lt. Angela Arredondo

60th AMW Public Affairs

For "Lord," a 10-year-old police dog here, staying in shape is part of the job. After all, he's expected to chase down suspects, detect explosives and leap over obstacles in the line of duty. So when Lord had problems breathing and performing last summer, his trainers knew something was wrong.

"His heart rate was too slow. Even after work his heart rate did not increase and he became more out of breath. Sometimes he got weak during work and had to rest," said Maj. Abbie Whitehead, chief of Travis Branch Veterinary Services.

Tests showed that Lord has bradycardia (slow heart beat) due to second and third degree heart block. The electrical signal traveling through Lord's heart from the atria to the ventricles, causing the heart to contract, was not working properly. When the signal does not reach the ventricles, it is called a heart block and is measured as a first, second or third degree.

"Third is the most severe because the electrical signal only gets to the ventricles every third heartbeat or so. Since the left ventricle pumps blood into the body, this causes lack of circulation to the whole body," said Whitehead. "This is not compatible with the athletic demands on these dogs."

The 90-pound Belgian Malinois needed a pacemaker. Putting a pacemaker into a dog may sound far-fetched, but it's really not that uncommon. Hundreds of pacemakers are

implanted into animals like dogs, cats and horses each year in the United States.

Lord's case was the first time a Department of Defense dog was implanted with a pacemaker.

"This is a very special event not only for the 60th Security Forces Squadron, but the entire DoD. Hopefully, some valuable information can be learned if this procedure is needed in the future," said TSgt Michael Casares, kennel master in the 60th SFS.

Special consideration was made for Lord's job requirements and funding. For example, research had to be done to see if the pacemaker

would interfere with the detonation devices of the explosives he is trained to detect.

Eventually, Pacific Region Veterinary Command agreed to pay. The procedure cost about \$1,000. However, Lord's worth as a patrol/detection dog is valued between \$40,000 to \$60,000. The manufacturer of the pacemaker, Medtronic, donated the device.

Lord underwent the two-hour surgery last week at the

University of California-Davis School of Veterinary Medicine. He is expected to make a full recovery.

"Right now he is on rest. In a few weeks we will be able to increase his exercise and hopefully slowly return him to detection work," said Whitehead.

Perhaps one day soon, this hardworking pooch will get to hang up his leash and retire too.

**Hundreds of  
pacemakers are  
implanted into  
animals like dogs,  
cats and horses  
each year in the  
United States.**

**GOT AN INTERESTING STORY IDEA?**  
Call 424-2011.

**Seatbelts are hugs from your car!**

# Doctors, command warn airmen about dietary supplements

By A1C Alice Moore  
60th AMW Public Affairs

Enhancing athletic performance, weight loss or finding different ways to boost one's energy are often common goals among Americans.

One popular way to reach these goals is through the use of dietary supplements.

Air Mobility Command is warning airmen of possible side effects from the use of certain dietary supplements containing Ephedrine.

According to Col. Judith Varnau, AMC Surgeon General's Office chief of professional services, the side effects from the consumption of Ephedrine can cause high blood pressure, heart irregularities, stroke, heart attack, seizures and death.

Stimulants like Ephedrine can constrict blood vessels and make the heart beat faster which may lead to various heart problems, said Maj. Keith Lightheart, Cardiologist at David Grant Medical Center.

Varnau said the command imple-

mented a warning against the drug due to several individuals within AMC experiencing serious side effects after consuming Ephedrine.

Along with the possible side effects, the Federal Drug Administration has investigated 44 deaths associated with Ephedrine consumption, she said.

On the other hand, with the exception of anabolic steroids and hemp products, current Air Force instructions do not prohibit the use of dietary supplements.

Many of the products containing Ephedrine are available for purchase at base exchanges, commissaries and stores off base.

However, there are some things to consider before making the decision to buy various supplements.

"I like to tell individuals to ask themselves what is my goal," said Capt. Tina Johnson, registered dietitian.

Johnson says it may be best for individuals to look for other alternatives on how to reach their goals once they've identified them. An

example of a good alternative is choosing to exercise during the morning in order to increase energy, she says.

She adds that many times individuals want to see results rather quickly, however, in order to reach a safe as well as successful outcome a whole series of steps may be best.

Along with exercising, choosing to purchase supplements without Ephedrine, may also be something to consider.

Stores such as the General Nutrition Center on base offer a variety of supplements that do not contain Ephedrine, said Erin Workman, GNC sales associate.

Although alternatives are available, Johnson says everything should be taken in moderation. And individuals should pay attention to the labels on various products before consumption.

For more information on supplements go to the FDA website at [www.fda.gov](http://www.fda.gov).

## Consider this

Things to consider before taking supplements according to the FDA:

»Check questionable assumptions such as assuming that just because a product is not helping, it doesn't mean that it's not hurting you. When consumed in high enough amounts for an excessive period of time all chemicals can be toxic, to include nutrients, plant components and other ingredients.

»Consumers should be aware of supplements that are labeled natural. Ingredients may interact with drugs and may be dangerous for people with certain medical conditions.

»Dietary supplement manufacturers may not necessarily include warnings about potential adverse effects on the labels of their dietary supplement. Consumers should contact the manufacturer of a brand directly. It is the manufacturer's responsibility to determine that the supplement it produces or distributes is safe.

»Consumers should also be aware of recalls. A recall of a product of a dietary supplement is voluntary and does not necessarily remove all harmful products from the marketplace.

# Busted

## Travis airmen sentenced for breaking the law

By Col. William Orr, Jr.  
60th AMW Staff Judge Advocate

At general court-martial proceedings held Jan. 22, SSgt. Nicholas Kerr, 60th Contracting Squadron, pled guilty to charges that he used both cocaine and ecstasy.

On July 4, 2001, Kerr used cocaine while in Santa Cruz, Calif. Five days later, he used both cocaine and ecstasy at his home in Vacaville. On July 11, Kerr was selected for a random urinalysis test. His test result came back positive for cocaine. AFOSI agents later obtained probable cause to seize some of Kerr's hair for drug testing. The test results from the hair sample came back positive for both cocaine and Ecstasy.

At trial, Kerr elected to be sentenced by a military judge alone. The military judge sentenced him to a bad conduct discharge, six months confinement and a reduction to the grade of E-1.

At general court-martial proceedings Nov. 29 - 30, 2001, SSgt. Donald Cornell, 60th Logistics Support Squadron, pled guilty to a charge that he wrongfully used methamphetamine.

In January 2001, Cornell went to the home of a friend in Vacaville. While he was there, his friend offered him some "speed," and Cornell accepted. The friend then crushed up a rock of methamphetamine, put the powder in a pipe and held a lighter under the pipe. Cornell took several "hits" on the pipe containing the methamphetamine. Later in January, Cornell was selected for a random urinalysis test. His test results came back positive for methamphetamine.

At trial, Cornell pled guilty and elected to be sentenced by a panel of officers. The panel sentenced him to a bad conduct discharge and a reduction to the grade of E-3.

During court-martial proceedings in December 2001, A1C Jason Brown, 60th Aerial Port Squadron, was court-martialed for drug use. In May of 2001, Brown tested positive for methamphetamine during a random urinalysis screening. In July, he tested positive for methamphetamine again, this time after his commander ordered urinalysis testing for the entire Aerial Port Squadron. Brown pled guilty and exercised his right to have a military judge decide his sentence.

Brown was found guilty and

sentenced to a reduction in grade to E-1, forfeiture of all pay and allowances, three months confinement and a bad conduct discharge.

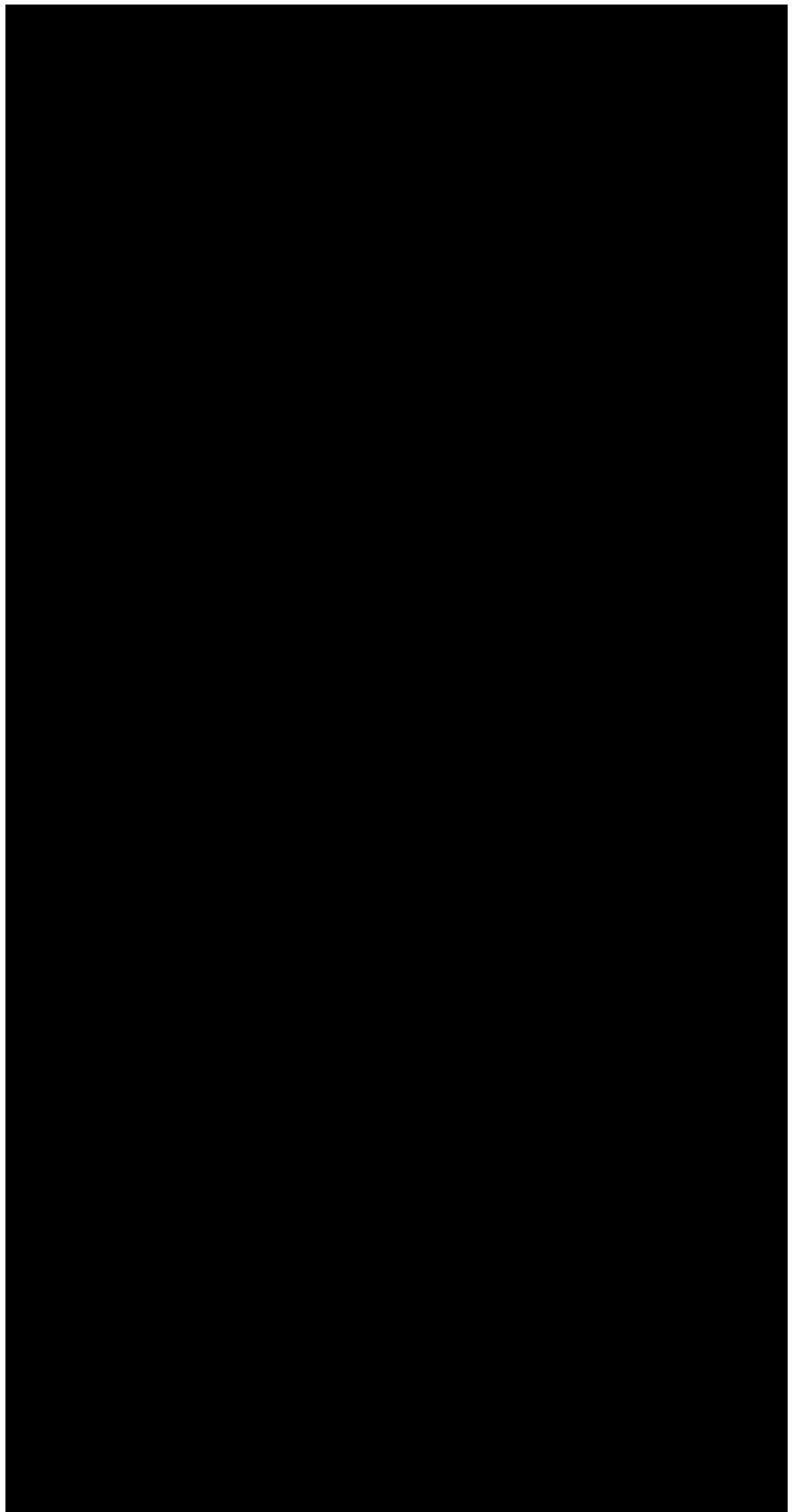
At a special court-martial proceedings held Dec. 17, 2001, SSgt. Carlos Rego, 60th Medical Support Squadron, pled guilty to a charge that he wrongfully used marijuana.

In August and while on leave, Rego attended a party at a beach house in Narragansett, R.I. While he was there, he smoked the marijuana. In September, Rego was selected for a random urinalysis. After being notified, but before going to Demand Reduction to give his urine sample, Rego went home and consumed a liquid substance that is supposed to mask the presence of illegal drugs in a person's system, but his test results came back positive for THC.

At trial, Rego pled guilty and elected to be sentenced by a panel of officers. He was sentenced him to 14 days confinement, two months hard labor without confinement and a reduction to the grade of E-2.

During court martial proceedings Dec. 14, 2001, AB Kenneth Hudson, 60th Aerial Port Squadron, was court-martialed for assaulting another airman with a dangerous weapon, assaulting two Security Forces members, damaging government property and being drunk and disorderly.

On the night of May 12, 2001, Hudson attended a party at a Travis dormitory. While at the party, he became intoxicated and belligerent and was asked to leave. When he refused to leave, another airman attempted to escort him from the party, in an effort to prevent a fight between Hudson and other partygoers. Hudson reacted by striking the airman in the face with a blade, causing injuries that resulted in 14 stitches on the victim's nose and face. He fled the scene and was later apprehended by 60th Security Forces Squadron members. When he was placed in the patrol vehicle, he began kicking one of the car doors, breaking the door handle and causing damage in excess of \$100. Hudson pled guilty and elected to be sentenced by a military judge. The military judge sentenced him to forfeiture of all pay and allowances, confinement for 23 months and a bad conduct discharge.



# Why do I have to wear a hat in uniform

## ViewPoint

SSgt. Mike Jewett  
660th ACS Dorm Manager

I have been a dorm manager for a few months now and there has not been one day that I have not had to ask an airman "Do you have a hat? Could you please put it on since you are outdoors and in uniform?"

Much to my surprise, I have had several airmen ignore my request and press on like I was I speaking to deaf ears. I am usually a fairly easy-going person, but when I see someone outside not wearing the uniform properly, I feel they are just asking to be corrected. All of us have been through basic training and technical schools where the rules are strictly enforced. What happens to our military bearing between their technical schools and Travis AFB, some of us seem to have forgotten that being outside in uniform requires a hat. It upsets me to see disrespect to the uniform that represents our great nation.

According to AFI 36-2903 Dress and Appearance,

chapter 2, table 2.7. When To Wear Headgear, it says that members in uniform will wear headgear "Outdoors, and also while operating two-wheeled vehicles.

### Exception

Not required when wearing safety headgear." The optional wear areas of where headgear may be worn would be where the commander designates in a supplement as "No-hat areas." Dormitory parking lots are not considered "No-hat areas". If you are in uniform while outdoors you must wear a hat!

The excuses I have gotten for not wearing a hat while outdoors and in uniform continue to amaze me. They range from, "I forgot it in my car" and my two personal favorites so far are, "I didn't want to mess up my hair" or "I was only walking across the parking lot." Let's face it; there aren't any good excuses for improper wear of our uniform.

I would like to add, that especially in times like these, we swore to wear this uniform proudly, in defense of our great nation, so why not wear it properly?

**Classified ads work. Call the Daily Republic at 425-4646.**

## SACRIFICES / From Page 5

olutionary War, Americans could follow their Army by the bloody footsteps left in the snow because many soldiers had no shoes.

Americans made tremendous sacrifices during the War of 1812, the Civil War, the Spanish American War, World War I, the Korean War, Vietnam, during peacetime and during many other conflicts that have unfolded in our history.

Now it is our turn. Many have said that the war on terrorism will be long and difficult. In this struggle, we may have to make sacrifices. These sacrifices might include going on a deployment or working harder at our home station so others can deploy.

When we make these sacrifices, it is often unpleasant. However, we must prove ourselves worthy of those who have come before us as we continue their tradition of protecting our great nation.



SAF/Andrew Brown/AEE

**Ultimate sacrifice:** During a recent ceremony, a U.S. Marine Corps honor guard carries the remains of one of two Marines killed when their CH-53E helicopter crashed in northern Afghanistan in January. The remains were loaded on an Air Force aircraft for transport to the United States.

**Seatbelts are hugs from your car!**

## CHAPEL

## Services

## Catholic

Monday through Friday, 11:30 a.m., communion service or Mass, Chapel Center.

Thursday, noon, Catholic communion service, David Grant Medical Center Chapel.

Saturday, 4 to 4:45 p.m., confessions, Chapel One.

Saturday Mass, 5 p.m., Chapel One.

Sunday Mass, 9 a.m., Chapel One.

Sunday, 9 a.m., children's liturgy of the Word, Chapel One.

Sunday Mass, 12:30 p.m., Chapel Center.

## Protestant

Friday, noon, 30-minute worship service, David Grant Medical Center Chapel.

Sunday, 8 a.m., community, praise & worship service, Chapel Center.

Sunday, 10:30 a.m., community worship service, Chapel Center. Nursery class for kids 3 months to 3 years.

Sunday, 11 a.m., community Gospel service, Chapel One.

## Jewish

First Fridays, 7 p.m., Sabbath services and third Saturdays, 10 a.m., Sabbath services are temporarily meeting offbase. Call 424-3217 for locations.

## Religious Education

## Protestant

Sunday, 8 & 10:30 a.m., Children's Church, 4- to 8-year-olds, Chapel Center.

Sunday 9:15 to 10:20 a.m., Sunday School for ages 3 and up, Chapel Center.

Sunday, 11 a.m., Children's Church, 4- to 8-year-olds, Chapel One.

## Catholic

Tuesday, 7:30 p.m., OCIA, Chapel Center

Wicca  
Education classes are being held various locations and times due to deployments. E-mail [Beltane@prodigy.net](mailto:Beltane@prodigy.net) for current information.

## Youth Groups

## Protestant

Monday, 6 to 7 p.m., "Community Teens For Christ," 12- to 18-year-olds, Chapel One annex.

## Other Groups

## Protestant

Second Tuesdays, 7 p.m., Protestant Women of the Chapel, Chapel Center.

Fridays, 12:30 p.m., Protestant Women of the Chapel Bible study, Chapel One.

First Saturdays, 8 a.m., Protestant Men of the Chapel, Chapel One.

Fourth Saturdays, 6:30 p.m., Community Young Adult Group, Chaplain Sander's home on base.

## Inside Out

Sundays, 6:00 p.m., rock and praise-style worship, Chapel One.

## Special Event

Fr. David Deibel, Judicial Vicar for the Diocese of Sacramento, will conduct a round table discussion on Catholic marriage, annulment, marrying outside of the faith and re-marriage. Feb. 9 at 6 p.m. at Chapel One. Because this is around supper time, attendees are asked to bring a covered dish of food to share. Beverages will be provided.

## ABOUT TRAVIS

## TRAVIS COMMUNITY EVENTS

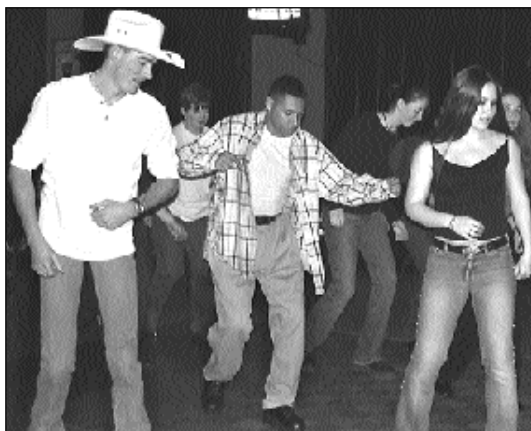
Ongoing — ▲ Teens are invited to attend a series of free workshops intended to inform and prepare them for the working world. Every Wednesday through Feb. 13 a high school work experience coordinator and career counselor will facilitate the workshops from 4 to 5 p.m. Topics include resume writing, interviewing, options after high school and volunteering. Contact the Youth Center 424-5392 to register.

▲ The Frame Shop now offers a framing and matting service and extended hours from noon to 5 p.m. on Wednesday through Friday and from 9 a.m. to 5 p.m. Saturday. Bring photographs or artwork to the shop to frame it yourself or have it custom framed by a professional. The Frame Shop is located in the Skills Development Center, Bldg. 226, 511 Suisun Ave. Call 424-1338 for a schedule of upcoming framing and matting classes.

All month — ▲ February is National Pie Month and the Delta Breeze Club is celebrating by offering a special pie on the lunch buffet. The choices will be: Tuesday, Chocolate; Wednesday, Banana Cream; Thursday, Coconut Cream; and Friday, Lemon Meringue.

Today & Saturday — ▲ Two-day framing and matting class at the SDC from 6 to 8 p.m. The \$25 cost includes materials. Call 424-1338 to register.

Saturday — ▲ Ski Squaw Valley with Outdoor Recreation. Transportation is \$10 for adults and \$5 for children. Wednesday, ski Alpine Meadows. Call for 424-5959 for more information.



Sliding into line dancing: A1C R.C. Craven and his friend Libby Murray teach the crowd to do The Electric Slide line dance during Country Night at the Gold Rush Lounge. Country dance lessons are available every Wednesday from 8 to 9 p.m. with dancing until 11 at the Delta Breeze Club.

Sunday — ▲ Watch the Super Bowl on a big screen TV at the DBC or the Travis Sailing Center. Kick off is at 2 p.m. The DBC's all-ranks, all-ages party spreads out in three rooms with snacks and drink specials, free to club members, \$5 for non-members. Call 437-3711 for information. The Sailing Center's party is combined with its annual chili cook off so patrons can taste a variety of chili recipes while watching the game. Call (415) 332-2319 for reservations.

Feb. 9 — ▲ Visit the Travis Sailing Center for the annual crab feast. Social hour begins at 6 p.m. and dinner at 7. Call

(415) 332-2319 early to make reservations. Price is approximately \$25 dependent upon market value. Transportation with Outdoor Rec is \$10.

Feb. 10 — ▲ Shop at Pier 39, walk along Fisherman's Warf, watch the sea lions, or dine at a restaurant overlooking San Francisco Bay. Transportation with Outdoor Rec is \$10 for adults and \$5 for children. Call 424-5659 for reservations.

—60th Services Squadron

## GIMail

GIMail is now officially an Air Force-wide program featured under the AF Crossroads program. GIMail was created to give deployed personnel and their families a means to communicate. Prior to the fielding of GIMail, people used Hotmail or other commercial services in an effort to communicate, which opened up security concerns. Now, thanks to the Crossroads contractor, Human Resources Technology Inc., family members and deployed personnel can receive GIMail accounts by enrolling at the AF Crossroads Web site — the Air Force's official Web site for family support

issues — at [www.afcrossroads.com/communications/index.cfm](http://www.afcrossroads.com/communications/index.cfm).

## Travis Scouts

The Travis Boy and Girl Scout program currently has openings for youngsters (grades 1st through 12th) and adult leaders. For more information, contact Karey Thompson at 421-1832 or Scott Stewart at 437-3940.

## Women's group

The Family Advocacy Program is home to the Travis Women's Group. This program teaches skills to reduce violence, make positive decisions, and to make positive life choices. This

group meets on Wednesdays from 3 to 4:30 p.m. at David Grant Medical Center. Call the Family Advocacy office at 423-5168 to register.

## VIP program

The Violence Intervention Program for men teaches participants to how to control negative behavior, how to effectively communicate and express feelings, how to deal effectively with family crises, and how to have positive, healthy relationships. The group meets on Wednesdays from 4:30 to 6:30 p.m. at David Grant Medical Center. Call Family Advocacy at 423-5168 to register.

## FSC EVENTS

## Monday

▼ Spouse employment orientation, 9 a.m. to 10 a.m. for newly arriving spouses. Learn about employment and career development programs at the Family Support Center. Call 424-2486.

## Tuesday

▼ Skills and self-assessment from 8 a.m. to noon for all job seekers. Explore different career paths based on your personality type, skills, abilities and interests. Call 424-2486.

## Wednesday

▼ WIC representatives will be at the FSC from 8:30 a.m. to 4 p.m. by appointment only. Call 435-2200.

## Thursday

▼ Ultimate job search at the FSC from 8 a.m. to noon. Attend an intensive one-day job search workshop which includes skills and self-assessments, job search techniques and more. Call 424-2486.

▼ Professional growth and development class for airmen (E-3 and below) who want to succeed in the Air Force is from 7:30 a.m. to 4 p.m. at the FSC. Call 424-2486.

▼ WIC representatives will be at the FSC from 8:30 a.m. to 4 p.m. by appointment only. Call 435-2200.

▼ In the budgeting and credit class learn how to live within your income. The class is from 9 to 11 a.m. at the FSC. Call 424-2486.

## Weekly

▼ The Federal Children's Scholarship Fund has announced the release of its newly updated and expanded free edition of the 2002 Federal Children's Scholarship Handbook. Go to [www.fedscholarships.org](http://www.fedscholarships.org) for more information.

▼ The Air Force Aid Society will pay for a few hours of childcare per week for volunteers who work in nonprofit organizations on Travis. Examples of organizations are the FSC, the Airman's Attic, and the Red Cross. Call 424-4349 for more information.

▼ Assistance is available to help military spouses and others gain job-hunting skills and obtain information about employment in the local area. For details or to make an appointment call 424-2486.

**Classified ads work. Call the Daily Republic at 425-4646.**



## *Intense arts program comes to Travis*

Children get ready for crash course in stage acting

By Linda Mann  
60th Services Squadron

**W**ith the help of a team of professional actors/directors, children from Travis with little or no previous stage experience will audition, rehearse, direct and perform *Sleeping Beauty* — all in one week.

Professionals from the Missoula Children's Theatre (MCT) will arrive with a set, lights, costumes, props and make-up and then audition children for the cast and choose student directors. After only a few days to learn their lines and songs, the children will be ready to perform a fun musical adaptation of the classic fairy tale *Sleeping Beauty*, written and conceived by Don Kukla, with music and lyrics by Don Kukla and Michael McGill.

The MCT actors will hold auditions and casting for *Sleeping Beauty* from 3:30 to 5:30 p.m. Feb. 11 at the Youth Center.

Casting and selection of assistant directors will be completed during a half-hour break. Children selected must be available to begin rehearsals that evening from 6 to 8 p.m. and to rehearse four hours nightly for one week. The musical will be performed at 3 p.m. and 7 p.m. Feb. 16 at the Travis AFB Theater.

Approximately 50 roles are available for local students in grades K-12 including younger *Sleeping Beauty*, older *Sleeping Beauty*, the king, the queen, Spot, the town crier, fairies, trolls, musicians, cooks, servants, guards and caterpillars.

In addition to acting roles,

the cast needs four to eight high school or middle school students to act as assistant directors to help teach and direct the show early in the week and take on technical responsibilities during performances. Any older students interested in being an assistant director must attend the auditions Feb. 11.

MCT, the largest touring children's theatre in the nation, has been touring extensively for over 28 years from Montana to Japan, and will visit over 800 communities this year with 25 teams of actor/directors.

Through enrichment workshops the MCT team hopes to help children increase their creativity, social skills, goal achievement, communication skills and self-esteem.

The MCT mission statement says: "Within each MCT cast, girls and boys are equal; the disabled become able; the shy experiment with bravery; the slow are rehearsed to perfection; and the gifted become part of the whole. The lesson they learn is that all of them are necessary for the show to go on. Our mission is the development of life skills in children through participation in the performing arts."

Call the Youth Center at 424-5392 to sign up for auditions.



The Youth Center offers a variety of programs for children of all ages. For more information on how to take advantage of programs for children and volunteer opportunities for adults, call 424-5392.

# A gift from God

Petty Officer 2nd Class William Tanner, a law enforcement officer from Detachment VQ3 here, stands sentry at his post. Tanner comes from a family of artists.



A1C Alice Moore / 60th AMW Public Affairs

## *Navy seaman's talents showcased around the world* Service gives petty officer direction in life

By A1C Alice Moore  
60th AMW Public Affairs

When NYPD Blue or the Lethal Weapon movies take us home with Detectives Sipowicz or Riggs, you won't see them with a paintbrush in their hand. Tough cops aren't supposed to be sensitive artists. But one Travis seaman is equally comfortable with his 9-mm or a canvas.

Twenty-eight year old Petty Officer 2nd Class William Tanner, a security law enforcement officer for Navy Detachment VQ3 here, is responsible for protecting the resources of the detachment. He also focuses time on art projects.

Growing up in Gary, Ind., Tanner says he discovered at a young age he had a special gift.

"I believe that God gave me a gift that runs in my family. Both sides of my family possess the talent to draw and paint. But in my eyes they never decided to take their talents and strive to make it a career or a success."

Throughout elementary school, Tanner says different teachers noticed that he was more than exceptional at drawing. His 5th grade teacher encouraged him to pursue admittance to a school for the gifted in Gary.

"I auditioned to get into the Emerson Visual and Performing Arts School and was accepted. I went there from the sixth through eighth grade."

After middle school, Tanner attended regular high school and says that it was during this time he really was able to broaden his horizons.

"It was actually my high school art classes that enabled me to learn more. For the first time I was

able to experience oil painting, building on canvases and various art projects."

Upon graduating high school, Tanner had the ambitions of being a full-fledged artist. To realize his goal, Tanner went to college.

However, after a year and a half, Tanner says he learned some things the hard way.

"At the time all I wanted to work on was my art. I didn't pay attention to the other responsibilities in my life."

While in college, Tanner was asked to take a leave of absence from school due to financial obligations.

Feeling down and out, Tanner took the advice of a former classmate who was a member of the Navy Reserve.

"I ran into a girl who was in the Navy Reserve during my year out of school. She encouraged me to look into it to help me with my education."

Tanner joined the Navy eight and a half years ago. He says it was a positive decision he made. It gave him a new start.

"For me, the Navy was a new start, regardless of what kind of job I was going to do. I had the drive to be the best at it. I think I have been so far."

His supervisor agrees.

"He's always dedicated to his job as well as his own family," said Chief Boatswains Mate Kevin Jochem.

Tanner says the Navy has given him several opportunities including repaying his former school, traveling and sharing his artwork with others.

He says as well as drawing and painting for vari-

ous co-workers, he's also done artwork for every command he's been assigned to.

"Every duty station I've been to, I've left one of my marks of some sort."

After spending time with different types of projects such as oil painting, Tanner was inspired on one of his port visits to take up something new.

"While I was stationed on the USS Independence and spending some time in port, I was able to meet Robert Wyland, a famous painter. I showed him some of my drawings, and he suggested I get into air brushing."

Tanner found that once he got started, air brushing was a great way to express his artistic abilities. One of his favorite air-brush projects includes a mural he painted for the USS Independence that states its motto, 'Don't Tread On Me.'

Tanner had reached a point in his life when everything seemed to be on track. However, Tanner's life was about to be turned upside down.

"In 1997 I lost my mother in a car accident. After her death, I almost gave up on painting. Knowing what a great influence she's been in my life, knowing that if I didn't continue my art, everything she taught me would have been in vain."

Despite all the obstacles along his path, Tanner continues his love for painting. He says he's turned one of his bedrooms into a studio where he does his paintings, and he's currently working on more art projects as well as starting to make masks.

"It's not about the money or the fame," Tanner said. "I would just like to be remembered for the quality of my work, and its impact on others."

# “Shining Star”

(Right), Capt. Arianne Babcock, chief of the Communications Readiness Branch for 15th Air Force, reviews the inspection procedures she uses to do her job. (Below), Babcock practices her lines Monday at the Harbor Theatre in Suisun City. For years she's dreamed of becoming a stage actress. That dream becomes reality tonight when "Sonnets for an Old Century" opens at the Harbor Theater.



SSgt. Jim Verchio / 60th AMW Public Affairs

## Numbered Air Force captain ready for opening night

By SSgt. Jim Verchio  
60th AMW Public Affairs

When the lights go down and the curtain comes up tonight at the Harbor Theatre in Suisun City, an officer from the 15th Air Force here will be living her dream.

Capt. Arianne Babcock, chief of the Communications Readiness Branch for the 15th AF, has dreamed of becoming an actress for some time.

A former instructor and coach at the Air Force Academy, Babcock first got her taste for acting while stationed in Colorado.

"I went to an audition for an independent film, and it was such a rush to try and become someone else for a few minutes," Babcock said. "I had so much fun. After the audition I was hooked."

In the production "Sonnets for an Old Century" by Jose Rivera, Babcock plays Kierston Van Horne who, like everyone in the production, is deceased. Babcock's character is on her way to the after-life, but, before she can go, she must share important moments in her life with the living world.

"This is really a great story. It discusses everything from racism to extraordinary life experiences," Babcock said. "The script is so beautiful, and I'm so happy to be a part of this production."

She admits that even though butterflies are in full effect for opening night, the excitement outweighs any nervousness.

"When I auditioned for 'Sonnets,' it was the first time I really tried out for a part," she said. "It was even more exciting when I got called back, and then when I actually got the part, I was ecstatic."

The 29-year-old from Battle Creek, Mich., says her life experi-

ences, and the skills she's learned in the Air Force are helping on the stage.

"My character Kierston is very enthusiastic about life," Babcock said. "I think about my free-fall parachute training, coaching at the Academy and the experience I've gained speaking in front of people. All these things give me the confidence and the energy I need onstage."

Even though this is just the first production for the Reserve Officer Training Corps graduate, Babcock says she would like to think that acting is in her future.

"I'd really love to act professionally when I get out of the Air Force," she said, "but right now I am just learning the ropes and gaining more experience."

Even though she's a newcomer to the acting world, one of her castmates says she has a presence on stage.

"She really brings something special to the production," said Michael Moseley, who stars in the play with Babcock. "For a newcomer, she's really doing great, and I'm sure the audience will love her."

The play starts tonight and runs through Feb. 23. Tickets are available through the Solano College Theatre at 864-7100 or at the Harbor Theatre Box office in Suisun City.

Babcock wants everyone to come out and see the production. She said the cast has had a lot of fun putting it together and that it's really a fun show. She warns the production contains some adult themes and language and might not be suitable for all ages.

### Sonnets for an Old Century

Jose Rivera's premier through Feb. 23 at the Harbor Theater in Suisun. Call 864-7100 for ticket.



Michael T. Moseley / Daily Republic Liaison

# HAWC issues 'Gym in a Bag' to deploying airmen

By Michael T. Moseley  
Daily Republic liaison

"It is a means for getting entry-level exercise at forward locations, under austere conditions." That's how Maj. Eugene Montano, chief of Physical Therapy at David Grant Medical Center, describes the "Gym in a Bag."

"It is not designed to replace Nautilus machines or other workout devices, it is merely to maintain muscle tone and provide aerobic exercise," Montano went on to say.

Montano said that there were three criteria for selecting the items for the bag.

"First, we had to select items that people would use — they had to be enjoyable. Second, it had to be an item that fits in a bag. You can't put an exercise bike in the bag, so we chose a jump rope for example. Third, it had to be an item that stresses strength or cardio exercise."

The items chosen for Travis' first attempt at fitting a fitness center in a bag: Three colored Therabands (the darker the

color, the more the resistance), a speed-style jump rope, a hand-held stress management ball and an instruction booklet containing exercise explanations, schedules and record sheets.

It may not sound like much, but the "Gym in a Bag" pamphlet contains a wealth of exercises that may be performed with these simple items.

"When you first pick up the green Theraband (the weakest of the three), it may not feel like it will offer that much resistance," Montano said. "But, believe me, after you do three sets of 10 to 15 curls, you'll feel like you've done something."

The booklet that comes in the bag gives the proper body attitude and detailed instructions for each exercise. For those who need even more resistance, Montano advises them to double up the band, fold it in half, to increase its strength.

"It is very important to use the bands correctly," Montano cautioned. "Using them incorrectly and injuring your back, for example, is good job security

for physical therapists, but we don't need that kind of job security in the Air Force," he joked.

The instructions may sound basic, but safety is an important factor while exercising, Montano said.

Montano lists some of the most important things to remember:

"If you tie the Theraband, make sure the knot is secure. Wrap it around your hand so it doesn't slip and snap you. It can leave a welt.

"Work your muscles through the full range of motion, don't lock your joints. Work your muscles slowly, so as not to pull a muscle.

"Breathe evenly, don't hold your breath or you might pass out.

"Body alignment is critical. Square the shoulders, contract the abdominals and relax the knees. You must maintain good posture throughout the exercise."

The DGMCC physical therapy clinic has partnered with the Health and Wellness Center to make the bags available to all

airmen deploying in support of Operation Enduring Freedom.

"The bags are still in the experimental phase," Montano said. "We're using groups of volunteers to take the bags and use them for three weeks. Then, we gather them together and survey them to find out what worked and what might need to be added. This program is still in its infancy. We want to put together something that is functional and practical."

For more information on the program, call the HAWC at 424-4292.



Michael T. Moseley / Daily Republic liaison

(Above), TSGT T.J. Wilson, physical therapist, demonstrates the standing curl with one of the three Therabands contained in the "Gym in a Bag." (Below), the contents of the bag.



A1C Shawn Clements / Air Combat Command

SrA Maurice Ingram works out in the base gym at Whiteman Air Force Base, Mo. Ingram struggled for two years to pass the Air Force's cycle ergometry fitness test.

## Two years, hard work: ergo success

By A1C Shawn Clements  
509th Operations Support Squadron

WHITEMAN AIR FORCE BASE, Mo. — SrA Maurice Ingram has a lot going for him: inner drive, faith in God and a desire to succeed. These qualities helped the 509th Operations Support Squadron airman overcome his one problem: the cycle ergometry fitness test.

It took him two painstaking years to pass the test.

In July 1999, he was in good shape. At 6 feet and 170 pounds, he played basketball and football, but he failed the test. Trying to beat the embarrassing situation, he thought he would just slip through the cracks. He tested again in November 1999 and once again failed.

Ingram was then placed in the self-paced fitness program, where he chose the workout and the time he would go to the fitness center. Continual failure of the ergo test, however, moved him to the next level: the mandatory fitness program. At this stage, the Cleveland, Ohio, native had to work out five days a week and be tested monthly.

Unfortunately, this did not work for him either. So his supervisor gave him a letter of counseling and told him he would do

everything possible to help Ingram pass the ergo test. This included scheduled fitness 7:30 to 9:30 a.m. during the workday.

Still, failure plagued the airman.

So Nita Hawk, installation fitness program manager, prescribed a workout for Ingram. It included the treadmill, stationary bike and the cross trainer. He alternated these exercises every day, doing them for 30 to 50 minutes.

The prescription included other tips to pass the ergo test. Hawk then guaranteed he would either pass it or receive a waiver for the ergo test.

Ingram said the day he received the prescription was "a very humbling experience."

"I was tired of not being able to pass, and it had become a stigma within my section," said the 29-year-old. "How could I be 27 to 30 pounds under my maximum allowable weight and not pass the ergo test?"

The prescription did the trick. Hawk's tips to be well hydrated and exercise four to eight heartbeats above his target heart rate helped.

He also changed his diet. He started to go grocery shopping with his wife, Catherine, so he could eat healthier.

"When he goes grocery shopping with me, it takes a lot longer because he contin-

ually asks me what the fat content is in the items I'm taking off the shelf," Catherine said.

It took him seven months after the prescription to finally pass the test. He still strives to stay in shape.

"People often say they don't have time to work out, and they don't like the taste of healthy foods," Ingram said. But he does not buy those statements.

"You will have to sacrifice to meet your goals, no matter what they are," Ingram said. "Besides, how much time during the day do you waste?"

He still goes to the gym, either early in the morning or late at night. He said that going in the morning makes him more alert, and when he goes at night, he sleeps better.

"In fact, I have no problem popping out of bed in the morning," he said.

With a successful ergo test under his belt, he continues to use his family and his belief in God as his motivation.

Today, as his squadron's fitness program monitor, Ingram empathizes with others who struggle to pass the ergo test.

"I remind them to exhaust all avenues and put forth the proper effort before giving up," Ingram said. "And, even if you don't pass, you'll be fitter for it." (Courtesy of Air Combat Command News Service)